

Full Report (All Nutrients) 15004, Fish, bass, striped, raw

Report Date: June 25, 2017 17:17 EDT

Nutrient values and weights are for edible portion.

Food Group : Finfish and Shellfish Products

Carbohydrate Factor: 3.87 Fat Factor: 9.02 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 fillet 159g
Proximates						
Water	g	79.22	10	0.522	67.34	125.96
Energy	kcal	97	--	--	82	154
Energy	kJ	406	--	--	345	646
Protein	g	17.73	10	0.391	15.07	28.19
Total lipid (fat)	g	2.33	14	0.381	1.98	3.70
Ash	g	1.04	10	0.024	0.88	1.65
Carbohydrate, by difference	g	0.00	--	--	0.00	0.00
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Minerals						
Calcium, Ca	mg	15	--	--	13	24
Iron, Fe	mg	0.84	1	--	0.71	1.34
Magnesium, Mg	mg	40	--	--	34	64
Phosphorus, P	mg	198	--	--	168	315
Potassium, K	mg	256	--	--	218	407
Sodium, Na	mg	69	--	--	59	110
Zinc, Zn	mg	0.40	134	0.013	0.34	0.64
Copper, Cu	mg	0.031	132	0.002	0.026	0.049
Manganese, Mn	mg	0.015	--	--	0.013	0.024
Selenium, Se	µg	36.5	--	--	31.0	58.0
Vitamins						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0
Thiamin	mg	0.100	--	--	0.085	0.159

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Riboflavin	mg	0.030	--	--	0.025	0.048
Niacin	mg	2.100	--	--	1.785	3.339
Pantothenic acid	mg	0.750	--	--	0.637	1.192
Vitamin B-6	mg	0.300	--	--	0.255	0.477
Folate, total	µg	9	--	--	8	14
Folic acid	µg	0	--	--	0	0
Folate, food	µg	9	--	--	8	14
Folate, DFE	µg	9	--	--	8	14
Vitamin B-12	µg	3.82	8	0.160	3.25	6.07
Vitamin A, RAE	µg	27	--	--	23	43
Retinol	µg	27	--	--	23	43
Vitamin A, IU	IU	90	--	--	76	143
Lipids						
Fatty acids, total saturated	g	0.507	--	--	0.431	0.806
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.042	2	--	0.036	0.067
16:0	g	0.379	2	--	0.322	0.603
18:0	g	0.086	2	--	0.073	0.137
Fatty acids, total monounsaturated	g	0.660	--	--	0.561	1.049
16:1 undifferentiated	g	0.151	2	--	0.128	0.240
18:1 undifferentiated	g	0.448	2	--	0.381	0.712
20:1	g	0.057	2	--	0.048	0.091
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.784	--	--	0.666	1.247
18:2 undifferentiated	g	0.015	2	--	0.013	0.024
18:3 undifferentiated	g	0.015	1	--	0.013	0.024
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.169	2	--	0.144	0.269

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22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.585	2	--	0.497	0.930
Cholesterol	mg	80	1	--	68	127
Amino Acids						
Tryptophan	g	0.199	--	--	0.169	0.316
Threonine	g	0.777	--	--	0.660	1.235
Isoleucine	g	0.817	--	--	0.694	1.299
Leucine	g	1.441	--	--	1.225	2.291
Lysine	g	1.628	--	--	1.384	2.589
Methionine	g	0.525	--	--	0.446	0.835
Cystine	g	0.190	--	--	0.161	0.302
Phenylalanine	g	0.692	--	--	0.588	1.100
Tyrosine	g	0.599	--	--	0.509	0.952
Valine	g	0.914	--	--	0.777	1.453
Arginine	g	1.061	--	--	0.902	1.687
Histidine	g	0.522	--	--	0.444	0.830
Alanine	g	1.072	--	--	0.911	1.704
Aspartic acid	g	1.816	--	--	1.544	2.887
Glutamic acid	g	2.647	--	--	2.250	4.209
Glycine	g	0.851	--	--	0.723	1.353
Proline	g	0.627	--	--	0.533	0.997
Serine	g	0.723	--	--	0.615	1.150
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0